

(TMI Journeys - April 2017)

## **SOUND MEDICINE: HOW TO USE HEMI-SYNC® TO HEAL FASTER**

*by Allyn Evans, President and Program Director, Samvit Wellness*

### ***Allyn Evans is a Guest Trainer at The Monroe Institute***

*Allyn Evans, MBA, has teamed up with Dr. Sergey Sorin and Dr. Brian Dailey as President and Program Director for Samvit Wellness. A trainer for The Monroe Institute, Allyn is a speaker, published author, former newspaper columnist, and former university professor. An experienced business executive, she earned a BA in Psychology and an MBA in Marketing. An Advanced Toastmaster, Allyn offers sound technology, nutrition and health, and related workshops in the United States and abroad. SAMVIT Wellness: [samvitwellness.org](http://samvitwellness.org)*

**If you've listened to Hemi-Sync® you know it's a powerful tool for shifting consciousness. But did you know it's also a potent way to help if you are faced with a surgical procedure?**

Research indicates Hemi-Sync can help reduce the amount of pain medicine used following surgery by one-third. There are volumes of anecdotal reports of people benefitting from adding Hemi-Sync to their pre-, intra-, and post-surgical experiences. One such case was shared with the Professional Division members of The Monroe Institute in last March. I wrote about Gari Carter's experience and her self-described success using Hemi-Sync to get her through a decade of reconstructive surgeries. I have included the link to that blog post at the bottom.

### **Why It's So Challenging**

If you have ever had surgery, you know it's hard to sleep, relax, and, well, there's usually pain involved. Then there's the fact that some treatments can have side effects or leave you dependent on the medicine for managing your condition. No matter how you slice it, there are times when even the most advanced medical care in the world isn't a magic wand to make you feel better.

### **It's Nobody's Fault**

One of the biggest underlying reasons for your body's slow recovery time has to do with your inability to relax your mind and body enough to allow the healing process to run its natural course. But it's not your "fault." Pain and stress naturally cause our muscles to tighten and our minds to react in defensive ways as we struggle with the dis-ease we're feeling. As a result, even the best medical treatments and the most skillfully applied therapies lose some portion of their effectiveness. While the mind-body connection is now well understood by medical

science, finding and receiving treatments that take this into account isn't as easy as it should be. And that's where Hemi-Sync can be helpful.

### **It Really Is as Simple as Pushing a Button**

Hemi-Sync delivers specific sound patterns to lead you to states of consciousness associated with deep relaxation, sleep, healing, and more. This clinically proven technology has been refined with more than 50 years of research and reporting to consistently induce the desired results within minutes and without unwanted side effects. And very importantly, because it consists of sound signals, Hemi-Sync can be used in combination with virtually any other treatment approach that your doctor wants you to use.

And there are other benefits as well—

1. You control things yourself. You notice positive results within minutes and you can listen again and again, as often as works best for you.
2. The recordings are inexpensive, making them affordable for almost any budget.
3. Their digital formatting makes them playable on a wide variety of devices including phones, iPods, computers, tablets, cd players, and stereos.



*Dr. Brian Daily and I at a SamVit Wellness Conference.*

## **The Hemi-Sync Solution**

Dr. Brian Dailey and I have drawn on decades of clinical and training experience to specifically design a three-day workshop—Sound Medicine.

In the Sound Medicine program you will be introduced to the most effective ways Hemi-Sync can be combined with virtually any conventional and alternative medical treatments to manage pain, reduce anxiety and depression, speed healing and recovery from medical procedures, and improve prolonged treatment experiences such as for cancer, as well as how it can enhance sleep and relaxation.

*Note:* Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Hemi-Sync®.